

REMOTE VIEWING PRACTICUM

by Katie Letcher Lyle

Katie Letcher Lyle is the author of fifteen books, and her short fiction has appeared in many magazines. A writer, teacher, folksinger, and speaker, she taught for twenty-five years at Southern Seminary College. Since 1983, she has taught more than 120 Elderhostels at several Virginia colleges. Katie has been active in organizations that serve the handicapped and currently serves as a board member and a volunteer for the Rockbridge Area Hospice. For eleven years, she has actively explored psychic functioning by participating in Monroe Institute residential programs. Her latest adventure is described below.

From September 28 to October 4, 2002, twenty-three explorers participated in the first *REMOTE VIEWING PRACTICUM* to be held at The Monroe Institute. This is a different sort of program than the others at Monroe, yet its aim remains the same, at least in part: to prove to us that we are more than our physical bodies. Remote viewing (RV) is what might be called task-oriented psychic functioning. At the end of the week, Skip Atwater, our leader, calculated that our success rate in the “for the record” trials was such that there was only a one in a thousand chance of repeating it in another session. Skip pointed out that in baseball, if you get a hit 30 percent of the time, you can make a lot of money. This astonishing result will become part of an ongoing statistical study to determine what we had seemed to prove—Hemi-Sync[®] enhances remote viewing. When Joseph McMoneagle was developing his skills, Robert Monroe created special tapes to help him go into “remote-viewing mode.”

Remote viewing is seemingly sending your perception away from your resting body to a “target” location or person, and reporting on what you can see, hear, sense, experience, or know about that target. During the 1970s of the last century, it was proven beyond doubt that remote viewing was within the range of human behaviors for some—and perhaps all—people. In response to Soviet experiments behind the Iron Curtain, our government began funding and training remote viewers and using remote-viewing programs, with a success rate ranging from 50 to 80 percent accuracy. The disparity in accuracy reflected differing judging and scoring systems. Hemi-Sync at the levels of RV 10, 12, 15, and 21 enabled us, the participants, to psychically connect time after time with our assigned targets. In RV 10 energy, you realize that you are more than physical. In RV 12 energy, information seems to flow in from wherever you aim your attention. In RV 15, time and space cease to be limitations. We know this after attending the *GATEWAY VOYAGE*[®] and other programs at The Monroe Institute, but these states of awareness take on new and very specific meanings in remote viewing.

There were tapes each day, usually one or two. The rest of the time was devoted to learning to acquire and describe distant targets—while scrupulously documenting our success according

to a seven-point system. In remote viewing, there are at least three participants: the viewer, the monitor, and the judge. We practiced being all three, thus learning the problems inherent in each role and how to overcome them. We put in long days, amid much joy, discussion, argument, good food, and congenial companionship. The five steps in the remote-viewing process: turning inward, relaxing, listening, becoming aware, and reporting were also practiced. Time after time, we demonstrated to our delight that we could all seemingly travel to distant targets successfully.

At week's end, I believe not one of us left The Monroe Institute doubting that human beings have the ability to "go" to targets without leaving their bodies and to return with accurate information. Skip Atwater spent many years as an operations and training officer for the U.S. Army Intelligence remote-viewing surveillance program. Watching videotapes from remote-viewing conventions each evening enhanced our work as remote viewers. Our "house mother" was Carol Sabick, whose calmly humorous demeanor and psychic sensitivity added greatly to our experiences.

Perhaps I am overly analytical, but I am still working to overcome my own residual doubt about psychic functioning, despite spending twenty weeks over the last eleven years at The Monroe Institute doing every program offered. More than any other program (and I've done *LIFELINE*® five times!) the *REMOTE VIEWING PRACTICUM* served to convince me that my "hits" could not have been guesses; that I do indeed share with others the ability to transcend space and time and my body. For what it's worth, here is how I would "explain" remote viewing. We are all-knowing, all-the-time, but that knowing of every thing—past, present, and future—is kept firmly below the conscious level as we navigate through our earthly lives. Remote viewing is a dipping below the limen of consciousness into that infinite pool of information and pulling up into conscious thought whatever it is that we are seeking.

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